

## **Older American Advisory Board Meeting**

"The public is invited to speak on any items of business prior to the Board's taking official action."

### **Old Business:**

7. Volunteer hours

### **New Business:**

10. Member suggestion:

### **Adjourn**

Note: Next meeting will be **October 1st, 2015.**

County Commissioner **David Rice** will be our guest speaker

## **OLDER AMERICANS ADVISORY BOARD MAY 7, 2015 MINUTES**

Meeting was called to order by Pam Martin at 10:04 am.

Pledge of Allegiance.

A quorum was established.

A motion was made to accept the April minutes, motion was seconded. Minutes were passed.

Introduction of guests and new members.

Jorge Swaby the Senior IT Network Analyst for Monroe County was introduced. Jorge covers from Key West to Big Pine to Marathon to Plantation Key and Key Largo. The data center is located in Miami. It is built for a cat 5 hurricane. The backup centers has many generators and can run for 45 days before requiring additional fuel. Jorge is currently working on faster connections for the Big Pine and Marathon Senior Center. Comcast currently has the newest technology available in the area. The contacts in the senior centers may contact the IT department via email for any service questions. Not all the senior centers are on the county intranet, some have ATT for service. Jorge advised that everyone delete without ever opening any unrecognized emails. This is the best way to avoid a virus. Virus and spam filters at the senior centers are an ongoing challenge. Numerous people use these computers. Virus software doesn't keep up with the tricksters. In the Keys ATT and Comcast are competing for service. This is lowering the costs. AT&T's infrastructure is maxed out here. The bottom line is the faster the speed the better the reliability the better the service.

New items. The County's website open budget portal allows anyone to view where the money is being spent. One view allows you to see road conditions.

Jorge can do monthly visits from IT for routine service and follow up as well as "Lunch with IT" to answer questions. Call him to set it up at 305-453-8794.

Big Pine Key & Key West has connection concerns for the printers. A list will be provided to Jenna for each senior center for this. Remember a remote fix may be an option. There were questions regarding disposal/removal of old equipment. Be aware that Comcast has free antivirus downloads.

Commissioner Murphy was absent due to travel.

Melanie Valle and Cindy Mooneyham spoke on behalf of Hospice of the Florida Keys/VNA. Melanie is an OT. Cindy is a PT. Cindy stated that they provide service from Key West to Ocean Reef. VNA has two offices, one in Key West and one in Tavernier. They have a well recognized rehab supervisor, Sandy. They have 10 physical therapists. The clientele is largely orthopedic cases. Medicare requires a status of "homebound" for services. The definition of homebound changes over time. Most Home Health referrals come from a doctor's office. No hospital stay is required for service. In 2013, 1 of 3 seniors had a fall during the year. All of them do not inform their doctor of the fall. Many falls result in admission to the hospital. Falls cost \$34 billion per year. Falls result in a decrease in activity and change in gait due to fear which increases your risk for another fall. More men than woman die as a result of a fall. Women are 2X more likely to fracture a hip from a fall. Sit on the bed to put your pants on as standing can increase your risk for a fall.

Melanie stated occupational therapy does not always mean work related. It is related to any activity you need to do to functions (ADL) during your day. It focuses on function and safety in the home. Therapy should be patient oriented – what does the patient want to accomplish? It is based on trust. Sometimes assisted devices are used. These include grab bars, grab extensions, etc... Caregiver education is used to promote patient independence. Leisure activities and interests are discussed. Treatment requires an order by a doctor. Medicare provides good benefits, while HMO's, Medicare Advantage Plans and some other insurance are variable or don't work in the Key's. You do not have to be over 65 to receive home health services.

Marlene from MC Social Services spoke. She recently attended a case manager meeting in Miami. There is a new contract for LHIAP (Low Home Income Assistance Program) which provides benefits to seniors, household with a child and the disabled. Rental assistance is provided if you are less than 30% of the median income for Monroe County. SHIP money is available. It was originally for down payment on a home. Now it is for a homeowner that wants to decrease the energy consumption of the house. It is \$20K. \$20-35K needs a mortgage for the \$15K over. If you live in the house for 5 years then the \$15K is forgiven. Matt is the contact person 305-292-4405. Weatherization funds are limited to \$7K. There was a question about plans to rebuild the PK center. This is unclear at this time.

Jenna spoke about the nutrition centers. PK has a position open. There are plans to clean up and enhance the PK location. The Alliance on Aging is a "pass thru" agency for grant funding. There was a lengthy discussion regarding how the phones should be answered at the senior centers during nutrition service hours. There is an expectation from the Alliance on Aging that from 9am to 1pm the nutrition part of the senior center is identified when the phone is answered.

Pam passed out several handouts. Electronic cigarettes were discussed. A new website handout was provided. A scammer's handout was discussed. Life@50 AARP handout was reviewed. Volunteer hours were reviewed. The BOCC needs to confirm the new committee appointments. The list was updated. June 4<sup>th</sup> is the next meeting. A motion to adjourn was made at 11:35 am

Respectfully submitted by Keith Jackson, secretary.